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of our National Cadets you must see them from one to two hours a day in charge of the dancing master."

It may be an unwelcome task to explode a fallacy which has commended that drill to parents and teachers and which has given it the widespread popularity which attaches to it. But truth is always best, and this matter is so important that no part of the truth should be concealed.

Dr. Sargeant sums up his conclusions, in an admirable little brochure on the subject, in these striking words,— "After taking the most favorable view possible of military drill as a physical exercise, we are led to conclude that its constrained positions, and closely localized movements do not afford the essential requisites for developing the muscles and improving the respiration and circulation, and thereby improving the general health and condition of the system. We must further conclude that in case of any malformation, local weakness or constitutional debility, the drill tends, by its strain upon the nerves and prolonged tension on the muscles, to increase the defects rather than to relieve them.

"Finally if the ultimate object of the drill was to prepare young men for the life and duties of a soldier, we should be forced to conclude that the drill itself would still be defective as a means of developing the chief requisites for men in that profession.

"This defect, we are pleased to state, is recognized by the great military nations of Europe, and measures are taken to give all the recruits from three to twelve months gymnastic training to develop them as *men*, before they are expected to conform to the requirements of the soldier."

ADDRESS ON PEACE AT LYNN, MASS.

Last evening's meeting at Friends Chapel was especially devoted to the subject of "Peace." Rev. Rowland B. Howard, Secretary of the American Peace Society, was present, and delivered a very earnest and instructive address, in which he graphically depicted his impressions as an eye-witness of the battle of Gettysburg, and set forth with great clearness the duty of Christians to labor unitedly for the abolition of so barbarous and un-Christlike an institution as war, and the substitution of international arbitration in its place. A large audience listened with marked interest to the appeal, and the practical, imperative nature of the Saviour's command in Matt. v: 44 was demonstrated to the clear conviction of many present.

At the close of the meeting attention was called to THE AMERICAN ADVOCATE OF PEACE AND ARBITRATION, published by the American Peace Society, No. 1 Somerset Street, Boston, which is devoted to the interests of peace and international arbitration. This paper is ably edited by Mr. Howard, and should bespeak the careful examination of all thoughtful Christians.—*Lynn Item* of June 29.

Both war and peace men are interested in the test at Sandy Hook of the 52-ton, 12-inch steel gun cast at the Watervliet arsenal. The piece is a little over 36 feet long with a bore of 34 feet. Firing 440 pounds of powder it is expected to send out a projectile weighing 1000 pounds, with a velocity that even at a distance of two miles will penetrate 20 inches of iron. Should the test prove satisfactory the Watervliet arsenal will soon turn out a large number of these big guns.

LIFE.

CHARLOTTE FISKE BATES.

Life is unutterably dear,
God makes to-day so fair;
Though heaven is better—being here
I long not to be there.

The weights of life are pressing still,
Not one of them may fall;
Yet such strong joys my spirit fill,
That I can bear them all.

Though Care and Grief are at my side,
There would I let them stay,
And still be ever satisfied
With beautiful to-day!

DR. E. E. HALE ON QUINCY'S ORATION.

Josiah Quincy, who delivered the Fourth of July Oration for the city of Boston, is the fourth in family direct descent and of the same name who has performed that service. Rev. Edward E. Hale, D. D., who is as gifted as a newspaper writer and critic, as he is in the pulpit or as a story-teller, says of Mr. Quincy's address in the *Commonwealth*:

It is a strong plea, admirably well put, for International Peace, studied on lines of thought which show a statesman's knowledge of our own time, and of the conditions of modern life in all civilized states. It is most gratifying to think that the young leaders are willing and are able to enter upon considerations so broad. And there is fair reason to hope that their studies and hopes may lead, in the politics of the next generation, to some practical conclusions.

As Mr. Quincy has suggested, the difficulties in the way of such a peace, as that for instance which gave to Europe "the two happiest centuries in her history," are not with the peoples of the countries of Europe. They know only too well what the word "taxation" means and that other word "conscription" which goes with it. It is not they who maintain fleets and armies willingly.

It is, first, the necessity of the ruling families to maintain themselves in "the profession of monarchy." There must be an army, or you cannot have a throne. For every sovereign sits on bayonets to-day. Now one does not like to say that he maintains an army simply to keep himself on his throne. So he says, nay he thinks dimly, that his army is kept to defend his frontier. He says so to his people. He tries to make them believe it.

Besides this necessity of monarchy, a great drawback comes from the existence in all the European nations of a great military class. The men in this class naturally wish for work in their profession. They are like so many mining engineers who want to develop mines. It is a matter of personal necessity to these men and for their families that the present war system or something like it shall be maintained. The opposition which such men make consciously or unconsciously to all plans for the reduction of military establishments is the greatest difficulty of all.

But as Mr. Quincy says so well, an idea has often proved itself stronger than an institution. When men like him use great opportunities, as he has done, to advance the idea on which the future prosperity of the world depends, it takes a visible step forward.